

**PROGRESS**by



**Mini**  
**Chopper**  
**Instruction Manual**



Please retain instructions for future reference.

## **Safety Instructions**

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

Children should be supervised to ensure that they do not play with the appliance.

Children under 8 may not use the appliance.

This appliance is not a toy.

Keep the appliance and its power supply cord out of the reach of children.

Do not use the appliance if it has been dropped, if there are visible signs of damage or if it is leaking.

If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, cease using the product immediately to avoid potential injury.

This appliance contains no user serviceable parts, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the appliance away from heat emitting appliances.

Keep hands, fingers, hair and any loose clothing away from the rotating tools of the appliance.

Do not touch any moving parts on this appliance during use, as this could cause injury.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not use broken or loose cutting or rotating blades.

Do not overload the appliance as the mixture level may rise during blending.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not place boiling water or very hot liquid in the appliance.

Always unplug the appliance after use and before any cleaning or user maintenance.

Do not touch any sections of the appliance that may become hot during use, as this could cause injury.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

**WARNING:** Do not touch sharp blades.



## Care and Maintenance

Before attempting any cleaning or maintenance, switch off and unplug the chopper from the mains power supply and allow it to cool fully.

**STEP 1:** Wipe the chopper main unit with a soft, damp cloth and allow to dry thoroughly.

**STEP 2:** Wash all of the accessories in warm, soapy water, then rinse and dry thoroughly.

Never touch the blades; using extreme caution, clean the blades with a brush and dry carefully.

Do not immerse the chopper main unit in water or any other liquid.

Do not use harsh or abrasive detergents or scourers to clean the chopper, as this could cause damage.

The chopper is not safe for dishwasher use.

**NOTE:** The chopper should be cleaned after each use.

**WARNING:** Handle the chopping attachment with care as the blades are sharp. Exercise caution when attaching, removing, cleaning or storing any attachments.



## Description of Parts



1. Mini Chopper Pro main unit
2. On/Off button
3. Chopping attachment
4. Chopping bowl
5. Chopping bowl lid
6. Feeding chute
7. Pin

## Instructions for Use

### Before First Use

Wash all of the attachments in warm, soapy water, then rinse and dry thoroughly.

Wipe the chopper main unit with a soft, damp cloth and allow to dry thoroughly.

Never touch the blades; the chopping attachment should be washed using a brush and dried carefully.

Do not immerse the chopper main unit in water or any other liquid.

**NOTE:** When using the chopper for the first time, a slight odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the chopper.



### Using the Mini Chopper Pro

All attachments must be securely fitted before use; do not attempt to remove them until the blades have stopped moving.

**STEP 1:** Place the chopping bowl onto the chopper main unit, aligning the tabs and rotating the chopping bowl in a clockwise direction until it locks into place.

**STEP 2:** Insert the chopping attachment into the chopping bowl, aligning the tabs on the pin with the blade. Carefully twist in a clockwise direction until it is fixed securely in place.

**STEP 3:** Add the food to be chopped to the chopping bowl.

**STEP 4:** Place the lid onto the chopping bowl and secure by aligning the tabs and then twisting it in a clockwise direction until it locks into position.

**STEP 5:** Plug in and switch on the chopper at the mains power supply.

**STEP 6:** Holding the chopping bowl steady, press and hold the on/off button until the food is chopped to the required size. Release the on/off button and wait for the blades to stop rotating before removing the chopping bowl lid.

**STEP 7:** Additional food may be added to the chopped ingredients by removing the chopping bowl lid, adding the ingredients, replacing the lid and repeating the chopping process. Alternatively, oil and seasoning can be added using the feeding chute.

**STEP 8:** To remove the chopping bowl from the chopper main unit, remove the lid and carefully remove the chopping attachment without touching the blade itself. Twist the chopping bowl in an anticlockwise direction and pull it away from the chopper main unit.

**CAUTION:** Switch off and unplug the chopper from the mains power supply before adding or removing food from the chopping bowl.

**WARNING:** Do not operate the chopper without food, as this can cause damage.

Switch off and unplug the chopper from the mains power supply before attempting to remove the chopping attachment and before cleaning.

Max. operation time is 1 ½ minutes. Allow to cool for 1 minute before using the chopper again.

## Troubleshooting

Problem	Possible Cause	Solution
The chopper will not operate.	The chopper is not connected to the mains power supply. The chopper is not correctly assembled.	Plug in and switch on the chopper at the mains power supply. Check that the chopper has been properly assembled and that the chopping bowl and lid are secured into place.
Dry ingredients are clumping together.	The chopping bowl is wet.	Dry the chopping bowl thoroughly before adding ingredients.
There are large chunks of ingredients after chopping.	The chopping bowl has been overfilled.	Remove some of the ingredients and chop in batches.

## Storage

Check that the chopper is cool, clean and dry before storing in a cool, dry place.  
Never wrap the cord tightly around the chopper; wrap it loosely to avoid causing damage.

## Specifications

Product code: EK5249

Input: 220–240 V ~ 50/60 Hz

Output: 50–150 W

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## Recipes

Any recipe images used in this instruction manual  
are intended for illustrative purposes only.



## Guacamole

0-5

PersonalPoints™ range per serving

Serves 2

### Ingredients

- 1 avocado
- ½ large tomato, finely diced
- ¼ small onion, finely diced
- 1 tbsp fresh coriander, chopped
- ½ tbsp lime juice

### Method

Halve the avocado and scoop out the flesh. Add to the mini chopper and blitz until smooth. Add the remaining ingredients to the avocado, mix and season with salt and freshly ground black pepper.

Serve straight away or store sealed in the fridge.



## Tomato and Red Onion Salsa



**PersonalPoints™ value per serving**

### Serves 2

#### Ingredients

- 1 ½ large tomatoes, quartered and seeded
- ½ red onion, quartered
- ½ red or green chilli, halved and deseeded
- 1 tbsp fresh coriander, finely chopped plus extra to serve
- ½ tbsp fresh lime juice

#### Method

Add the tomatoes, red onion and chilli to the mini chopper and blitz until chunky.  
In a small bowl mix the chopped coriander and lime juice. Add the tomato mixture and stir until combined.  
Season to taste and garnish with extra coriander.

## Oaty Chicken Goujons

**3–10**

**PersonalPoints™ range per serving**

**Serves 2**

### Ingredients

400 g butternut squash, peeled and cut into finger-sized pieces

2 165 g skinless chicken breast fillets, cut into strips

60 g porridge oats

2 calorie-controlled

cooking sprays

1 egg, lightly beaten

2 tbsp reduced-fat mayonnaise

1½ tbsp plain flour

1 tsp smoked paprika

¼ tsp Dijon mustard

Pinch of cayenne pepper

Lime juice, to taste and wedges to serve

### Method

Preheat the oven to 200 °C, fan 180 °C, Gas Mark 6.

Put the butternut squash in a wide baking tray, mist with the cooking spray and scatter over half of the paprika. Season well and toss to coat all of the pieces. Bake for 40–45 minutes, turning halfway, until cooked through and golden.

Meanwhile, line a large baking sheet with baking paper.

Put the oats, cayenne pepper and remaining paprika in the mini chopper and season to taste. Pulse to form a chunky crumb then tip into a shallow bowl. Put the egg in a second bowl. In a third bowl, add the flour and season.

Dust the chicken pieces with the flour, then dip into the egg and roll in the oat mixture until fully coated. Transfer to the prepared baking sheet and cook alongside the squash for the remaining 15–18 minutes, until the chicken is cooked through and golden.

Meanwhile, combine the mayonnaise, mustard and lime juice in a small bowl.

Serve the chicken goujons with the mayonnaise, butternut squash and lime wedges.

### Note

For crispier goujons, finish them under a hot grill for 1–2 minutes until they turn a deep golden colour.



## Roasted Beetroot Houmous

**1-2**

PersonalPoints™ range per serving

**Serves 4**

### Ingredients

200 g chickpeas  
125 g beetroot  
1 garlic clove, crushed  
1 ¼ tbsp tahini  
1 tbsp fresh lemon juice  
½ tbsp extra virgin olive oil  
¼ tsp ground cumin  
Variety of vegetable crudités



### Method

Preheat the oven to 200 °C, fan 180 °C, Gas Mark 6.

Trim and wash the beetroot then wrap in kitchen foil. Roast for 45 minutes, or until tender. Remove the beetroot from the foil and leave to cool slightly before peeling and roughly chopping. Transfer the beetroot to the mini chopper.

Drain and rinse the chickpeas. Add to the mini chopper with the lemon juice, tahini, garlic clove and ground cumin. Blitz until almost smooth.

Season to taste and serve with a selection of zero hero vegetable crudités.



## Coriander and Lime Houmous

**1-3**

PersonalPoints™ range per serving

**Serves 4**

### Ingredients

- 1 tin chickpeas, cooked
- 1 garlic clove
- 2 tbsp 0 % fat natural Greek yogurt
- 2 tbsp fresh lime juice
- 2 tbsp water
- 1 tbsp tahini paste
- 1 tbsp fresh coriander
- ½ tbsp olive oil

### Method

Add all of the ingredients to the mini chopper and blitz until a chunky houmous has formed. For a smoother houmous, gradually add more water to the mini chopper and blitz until the desired texture is achieved.





## Connection to the Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

### Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

**Blue Neutral (N)**

**Brown Live (L)**

**Green/Yellow Earth** ( $\perp$ )

**FOR UK USE ONLY** – Plug fitting details (where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter E or marked  $\perp$ .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\perp$ ).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

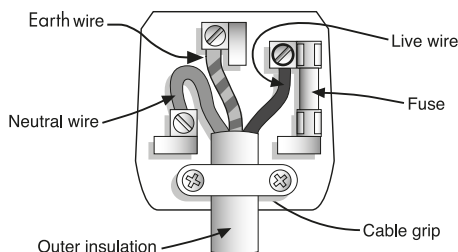
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



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If this product does not reach you in an acceptable condition please contact our WW Customer Services Department via web chat at **[www.progresscookshop.com](http://www.progresscookshop.com)**.

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

### **Guarantee**

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

### **Disposal of Waste Batteries and Electrical and Electronic Equipment**



This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. **It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal.** For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

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## 3 YEAR GUARANTEE\*

\*To be eligible for the extended guarantee, go to [guarantee.upgs.com/progress](https://guarantee.upgs.com/progress) and register your product within 30 days of purchase.

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